



The Journal

Vol. 28

No. 30

www.dcmilitary.com/journal/

July 28, 2016

Thomas Officially Sworn in as USU President

By USU PUBLIC AFFAIRS

Richard W. Thomas, MD, DDS, was officially sworn in as the sixth President of the Uniformed Services University of the Health Sciences in a small ceremony on the University campus July 25.

As president, Dr. Thomas is responsible for the academic, research and service mission of the university.

He advises the Assistant Secretary of Defense for Health Affairs and the four Surgeons General on a wide array of issues related to graduate health professions education and healthcare research.

"It is my great honor and privilege to join USU as President. USU is a tremendous institution with an outstanding reputation that is directly attributable to its strong tradition of interdisciplinary collaboration and to its many dedicated and talented faculty, staff, students and alumni. I look forward to the opportunities we will have to advance education, research, clinical

care and readiness for our nation's military and federal health systems," said Thomas.

Thomas retired from the Army in May 2016 at the rank of Major General. He is a physician and dentist whose last assignment was as Chief Medical Officer and Director of the Defense Health Agency Healthcare Operations Directorate.

Thomas graduated from the West Virginia University on an ROTC scholarship in 1981. He is a graduate of the WVU School of Dentistry and served in the U.S. Army Dental Corps before receiving his Doctor of

Medicine degree from the WVU School of Medicine in 1994. He earned a master's degree in Strategic Studies from the U.S. Army War College in 2006.

He completed his internship at Brooke Army Medical Center, Fort Sam Houston, Texas,

See **THOMAS**

Page 7



PHOTO BY SHARON HOLLAND

Richard W. Thomas, MD, DDS, was sworn in as the sixth President of the Uniformed Services University of the Health Sciences, July 25, 2016.

Competition Hot for Heimall's Cup



PHOTO BY BERNARD S. LITTLE

The weather was hot and so was the competition in flag football during Walter Reed National Military Medical Center's First Annual Heimall's Cup competition played on the MWR Sports Complex on Naval Support Activity Bethesda July 22.

By BERNARD S. LITTLE

WRNMMC Public Affairs staff writer

The weather was hot and so was the competition during Walter Reed National Military Medical Center's (WRNMMC) First Annual Heimall's Cup on July 22 at the MWR Sports Complex on Naval Support Activity Bethesda.

WRNMMC service members organized the eight event, day-long competition to promote esprit de corps, physical fitness and fun, explained Chief Hospital Corpsman Calisha M. Jameson, Sgt. Andrew Keum and Hospital Corpsman 2nd Class Rodney Redor, event coordinators.

When the dust settled, the Director of Clinical Support took home the Heimall's Cup, named after WRNMMC's Director Army Col. Michael Heimall, who was on hand to award the winning team the director's trophy. The Director for Administration came in second, and Director for Medicine rounded out the top three finishers in the eight team competition.

The Director of Dentistry came in fourth, followed

See **CUP**

Page 7

Chief of Police Column

By COL. D.C. STANTON
NSAB Chief of Police

Since 1984, National Night Out has been a celebrated, annual event, arriving every first Tuesday in the month of August. The event's purpose is to continue to strengthen the two most important pillars of law enforcement, or any public safety arena for that matter, prevention and public outreach. Specifically for law enforcement, without crime prevention or community outreach, we would lose two of the most powerful tools we have for creating effective lines of communication with the public we proudly serve, affording the opportunity to address positive and NEGATIVE perceptions in the media. It is apparent, as of late that law enforcement in our country has been fraught with more negative than positive public perception.

The National Night Out concept was created with the general premise of starting a dialogue within our neighborhoods and communities, creating a safe place where "perceptions" could be discussed and information provided. Patrons within the communities express their concerns, oftentimes outlining issues that touch on cultural differences, involving race, religion, political affiliations, sexual orientation, so on and so forth. The officers, and officials involved in the dialogue are meant to hear and LISTEN, provide feedback, then perhaps gain some education themselves. If done in the sincere spirit in which it was meant, these types of discussions challenge the



members of the community, as well as the officers who serve it, to perhaps step out of their comfort zones, into an environment where every individual feels heard and most importantly, RESPECTED. That's what any of this is all about, at the end of the day... mutual respect.

Please help us celebrate National Night Out onboard Naval Support Activity Bethesda (NSAB) at the USO Warrior and Family Center Aug. 2 from 11 a.m. to 2 p.m. , as we join with millions of communities from all 50 states, U.S. territories, Canadian cities and military bases worldwide. As a community, the Naval District Washington-NSAB police department continues to strive towards improving and

strengthening relationships with the public we proudly serve on base and even our surrounding jurisdictional neighbors. Our officers understand that by and large the general public is angry and frustrated at the appearance of what looks like police brutality and abuse of authority around the country recently. Each NSAB officer is expected during every encounter on base or otherwise, to conduct themselves with the highest standards of professionalism. I believe most importantly that each of our officers are expected to make decisions, and enforce the laws, understanding that safety and respect for all parties involved are ALWAYS first and foremost in their minds.

Bethesda Notebook

Prostate Cancer Speaker

Dr. Lloyd Glover discusses "A Urologist is Diagnosed with Prostate Cancer – Now What?" on Aug. 4 from 7 to 8:30 p.m. at Walter Reed National Military Medical Center in the America Building, room 2525. The presentation will be telecast at Fort Belvoir Community Hospital in the Oaks Pavilion, 1st floor, room 332. Military identification is required for base access to WRNMMC. For those without ID, call the Prostate Center at 301-319-2900 at least four business days prior to the event. For more information, call retired Col. Jane Hudak at 301-319-2918 or email jane.l.hudak.ctr@mail.mil.

Fleet, Family Support Center

The Fleet and Family Support Center (FFSC) on Naval Support Activity Bethesda offers programs intended to assist service members and their families with military life. FFSC's workshops and seminars include: job search strategies for military spouses; federal resume writing; time management; credit management; consumer financial awareness; interview skills; pre-deployment briefings; return and reunion briefings; and more. For more information, call 301-319-4087, or visit FFSC in Bldg. 11, first floor.

WRNMMC Leadership Academy

The next Walter Reed Bethesda Leadership Academy meets Aug. 22-26 at Walter Reed National Military Medical Center. The academy is designed for service chiefs, clinic managers, division officers, senior enlisted leaders, leading petty officers, team leaders and assistants. Areas covered will include leadership and development, quality improvement, personnel management, 21st Century Healthcare and more. Additional information is available at <http://tinyurl.com/WRNMMC-LA-RBCT>.

Published by offset every Thursday by DC Military, 29088 Airpark Drive, Easton, MD 21601, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Support Activity Bethesda, Md. This commercial enterprise newspaper is an authorized publication for members of the military services. Contents of The Journal are not necessarily the official views of, nor endorsed by, the U.S. Government, the Department of Defense, or the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or Comprint, Inc., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color,



religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user, or patron. Editorial content is edited, prepared and provided by the Public Affairs Office, Naval Support Activity Bethesda, Md.

News copy should be submitted to the Public Affairs Office, Building 17, first floor, across from PSD, by noon one week preceding the desired publication date. News items are welcomed from all installation sources. Inquiries about news copy will be answered by calling 301-295-1803. Commercial advertising should be placed with the publisher by calling 301-921-2800. Publisher's advertising offices are located at DC Military, 29088 Airpark Drive, Easton, MD 21601. Classified ads can be placed by calling 301-645-0900.

Naval Support Activity (NSA) Bethesda

Commanding Officer: Capt. Marvin L. Jones
Public Affairs Officer: MC3 William Phillips
Public Affairs Office: 301-295-1803

NSAB Emergency Information Line 301-295-6246

NSAB Ombudsman

Dedra Anderson 301-400-2397

NSAB Chaplain's Office 301-319-4443/4706

Installation SARC

Kimberley Agnew 301-400-2411

Monique Green 301-400-3366

Troop Command SARC

Rosemary Galvan 301-319-3844

SARC 24/7 301-442-2053

SAPR VA 24/7 Helpline 301-442-8225

Journal Staff

Managing Editor MC3 William Phillips
WRNMMC Editor Bernard Little

Staff Writers MC1 Christopher Krucke
Andrew Damstedt
Sharon Renee Taylor
Joseph Nieves
Jamie Petroskey

Photojournalist Airman Matthew Hobson

NSA Bethesda
Fleet And Family Support Center 301-319-4087

Soldiers Graduate from Practical Nurse Course

By **BERNARD S. LITTLE**
WRNMMC Public Affairs
staff writer

Twenty-eight Soldiers are the Army's newest graduates from the Practical Nurse Course following a ceremony July 15 at Walter Reed National Military Medical Center (WRNMMC).

The Soldiers will now provide care for America's heroes and their families at military treatment facilities throughout the world after completing the 56-week course. Their training began at the Academy of Health Sciences, Army Medical Department Center and School at Fort Sam Houston, Texas. Following 11 weeks of didactic study consisting of 10 examinations covering human anatomy and physiology as well as basic medical terminology and nursing concepts, the Soldiers transitioned to WRNMMC for Phase II of the course.

At WRNMMC, the Soldiers continued their training with 22 practical exercises and skills labs, as well as 18 written examinations, culminating in more than 1,000 didactic hours. The exams covered advanced anatomy and physiology, principles of microbiology,



COURTESY PHOTO

Soldiers who recently completed the Practical Nurse Course at Walter Reed National Military Medical Center will now provide care for America's heroes and their families at military treatment facilities throughout the world.

integration of pharmacology, nutrition care, pathophysiology, the body systems and its manifestations. In addition, the students completed more than 800 hours of clinical nursing preceptorship and 80 hours of transition-into-practice or on-the-job training (OJT) at WRNMMC. Their OJT included rotations in pediatrics, obstetrics, critical care and other nursing service environments at WRNMMC.

Army Lt. Col. Christine M. Ludwig, director of PNC Phase

II, said the graduates "endured a rigorous schedule" during their 13 months of training in order to meet the Texas Board of Vocational Nurse Examiners License requirements and earn their 68 C military occupational specialty designation. "Thus far, Class 15-159 boasts a 100-percent National Council Licensure Examination-Practical Nurse examine pass rate," she added. WRNMMC has an average of 97 percent first time pass rate for the NCLEX-PN,

12 percent better than the national average since it has been training service members to become LPNs, according to PNC officials.

Ludwig credited course staff members with preparing students to practice their vocation and take exams, "transforming these fine Soldiers into high quality licensed practical nurses." She praised the clinical staff at WRNMMC, the Veterans Affairs Hospital and Armed Forces Retirement Home for supporting the training of the Soldiers. She also commended the Soldiers' families and friends for providing them the support they needed to complete the more than year-long course.

Army Staff Sgt. Allison Derico, the graduation's guest speaker, offered sage advice to the new LPNs, encouraging them to "never be on time, always be early; be accountable for [their] actions; always choose the hard right instead of the easy wrong; be resilient; and always take care of [their] families with care and compassion (your spouse is not your NCO; your child is not your private). At the end of

the day, the real backbone of the Army is your family."

Derico, the noncommissioned-officer-in-charge of WRNMMC's Mother Infant Care Center, completed health care specialist school at Fort Sam Houston in 2005. She has also served as a PNC instructor for Class 15-159 at WRNMMC. She called class members, "some of the strongest, disciplined, [and] well-rounded Army nurses she has ever seen at [their] level."

She concluded, "I hope one day you'll be honored to lead the next generation of future nurses as I have been honored to lead you."

Graduates praised their course instructors. Graduate Spc. Katherine Hendershot said the instructors "encouraged [them] to forge through when the road became rough. [Instructors] went above and beyond to ensure [students] received an exceptional education."

Hendershot added about the instructors, "Through their invested time and dedication, [they] laid out the foundation and built upon the blocks of knowledge and skills required to make [our success] possible."

Do's and Dont's For Service Members During Election Season

By **MC3 WILLIAM PHILLIPS**
NSAB Public Affairs staff writer

With the political season in full swing, service members and Department of Defense (DoD) civilians need to know what they can and can't do.

"It is DoD policy to encourage members of the Armed Forces to carry out the obligations of citizenship," said John Epperson, Naval Support Activity Bethesda's (NSAB) Installation Voting Assistance Officer.

Members of the Armed Forces on active duty shall not:

- Participate in partisan political fundraising activities, rallies, conventions, management of campaigns, or debates. The prohibition is broad and does not depend on whether a member is in uniform or even whether an inference of official endorsement can be drawn;
- Use official authority or influence to interfere with an election, affect the course or outcome of an election, solicit votes for a particular candidate or issue, or require or solicit political contributions from others;

- Publish partisan political articles or letters that solicit votes for or against a partisan political party, candidate, or cause. Letters to the editor may be allowed as noted above;
- Participate in any radio, television, or other program or group discussion as an advocate for or against a partisan political party, candidate, or cause.
- Serve in official capacity/sponsor a partisan political club;
- Conduct a political opinion survey or distribute political literature;
- Speak before a partisan political gathering;
- Work for a partisan political committee or candidate during a campaign, on election day or while closing out a campaign;
- Engage in fundraising activity for any political candidate or cause in Federal offices, facilities, or on military reservations;
- March or ride in partisan parades;
- Participate in organized efforts to provide voters transportation to polling places if the effort is associated with a partisan political party;
- Sell tickets for or actively promote

partisan political dinners and similar fundraising events;

- Make a campaign contribution to or receive or solicit a campaign contribution from any other member of the Armed Forces on active duty;
- Display a partisan political sign visible to the public at one's residence on a military installation.

There are plenty of things that service members are allowed to do when it comes to the political process:

- Register, vote, and express personal opinions on political candidates and public issues;
- Encourage other military members to exercise voting rights;
- Join a political club (even if partisan) and attend political meetings when not in uniform. (See DoD Instruction 1334.01 (Reference J));
- Sign petitions for specific legislative action or to place a candidate's name on the ballot;
- Write letters to the editor expressing personal views (so long as not part of organized letter writing campaign or solicitation of votes for or against a political party or partisan political

cause or candidate).

- Requires a disclaimer that the views are those of the individual and not DoD.
- Make permissible monetary contributions to a political organization, party, or committee;
- Display a bumper sticker on a member's private vehicle;
- Attend a partisan or nonpartisan political fundraising activity, meeting, rally, debate, convention, or activity when not in uniform and when no appearance of sponsorship or endorsement can reasonably be drawn.

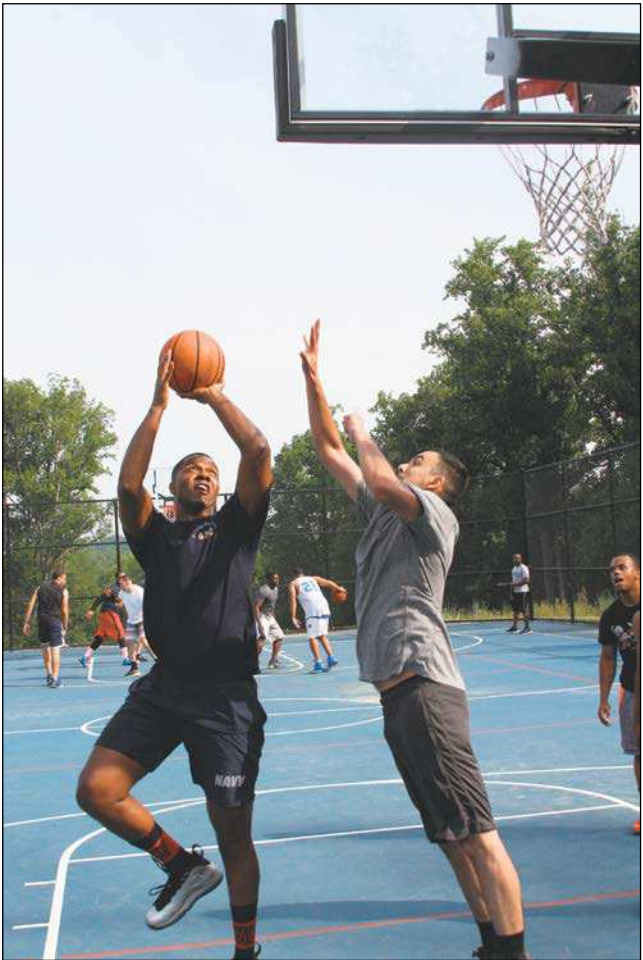
NSAB has a full time Voting Assistance Office to assist absentee voter and provide information on the Federal Voting Assistance Program (FVAP).

Deadlines for registration and absentee voting differ from state to state. To find out specific deadlines for your state visit FVAP.gov or contact the Voting Assistance Office. The Voting Assistance Office is located in Bldg. 27, Room 314. Hours of operation are 8 a.m. to 3 p.m. weekdays. They may be reached via telephone at 301-295-5099.

Event Focused on Building Fitness, Esprit de Corps

PHOTOS BY BERNARD S. LITTLE

During the First Annual Heimall's Cup on July 22 at the MWR Sports Complex on Naval Support Activity Bethesda participants vied for team points in three-on-three basketball, flag football, soccer, the relay race, wheelbarrow race, sack race, three-legged race, dead hang, sit-up challenge, push-up challenge and tug of war. Those competing included service members, Department of Defense civilians and contractors.





Safe Harbor Workshop Offers Résumé, Interview Tips

By **ANDREW DAMSTEDT**
NSAB Public Affairs staff writer

In a continuation of its efforts to help Sailors make a transition from military to civilian life, Navy Wounded Warrior Safe Harbor hosted a workshop July 22 aboard Naval Support Activity Bethesda (NSAB) with Federal Emergency Management Agency (FEMA) representatives on ways to polish resumé and improve interview skills when applying for government positions.

Rebecca Siceloff, FEMA representative, stressed to workshop attendees that they should tailor their resumé to fit with the job description. That way, hiring managers and other human resource specialists can see an applicant is qualified for a position.

More importantly, she said people need to figure out first what they want to do after they leave the military.

"You have to really do some soul searching yourself," Siceloff said. "I transitioned from the insurance industry to emergency management. I did that because of my passion as a volunteer. You have to figure out what (your) transition is and start researching that."

She advised them to read job descriptions and decide whether or not the job is for them.

One tip she shared was to include the

See **RESUMÉS**
Page 9



PHOTO BY ANDREW DAMSTEDT

George Odom, a FEMA representative, shares his experience transitioning out of the military at a Navy Wounded Warrior Safe Harbor workshop July 22.

Newly Crowned Miss USA Makes WRNMMC One of Her First Visits

By **KALILA FLEMING**
WRNMMC PAO intern

June 5 may have been just another day for most people around the country, but for Deshauna Barber, it was life-changing and history-making.

Representing the District of Columbia, Barber was crowned Miss USA 2016 in Las Vegas on June 5, making history by becoming the first titleholder to serve in the U.S. military. A first lieutenant in U.S. Army Reserve, Barber will represent the USA in the Miss Universe competition in December.

One of Barber's first steps after earning the Miss USA crown was to Walter Reed National Military Medical Center. At the nation's flagship military medical center, Barber shook hands and interacted with patients, their families, staff and visitors as they warmly greeted the new Miss USA. She went from room to room at the medical center, listening and sharing stories, as well as taking photographs with those whom she met.

A military brat, Barber was born in Georgia and has lived in North Carolina, Nebraska, Minnesota, Virginia and Washington, D.C.



PHOTO BY KALILA FLEMING

Miss USA Deshauna Barber (rear) visited patients, their families, staff and visitors at Walter Reed National Military Medical Center earlier this month. On June 5, Barber made history becoming the first woman crowned Miss USA to serve in the U.S. military.

because of her father's military career. She currently lives in New York as the new Miss USA, but will return back to the D.C. area monthly for her military duties as the quartermaster officer and logistics commander for the 988th Quartermaster Detachment

Unit in Rockville, Md.

In addition to her father, Barber's mother, sister and brother also served in the Army.

"This was a unique visit for her because she is in the military," said Natasha Grieg, assistant director to

Miss District of Columbia USA. She added Barber's "personable approach, poise, and military etiquette gave her an edge over the competition."

"From the moment she graced the stage, locking hands and praying with first runner-up Miss Hawaii until now, it has been a whirlwind," added Emily Panasci, the Miss USA talent development manager. She explained Barber receives numerous requests to make personal appearances at various social and service events across the country.

The Miss USA title also gives Barber a platform to spread her message about veteran care and those impacted by post-traumatic stress.

"Twenty-two veterans commit suicide each and every day. That's a catastrophic number," Barber said in a Heroes@Home interview not long after being crowned Miss USA. "Sometimes [our veterans] are underappreciated for the sacrifices that they have made. In the military, we are taught to be strong [and] tough, so we don't want to say anything [when we may need help]. That's a problem," she added.

See **VISIT**
Page 10

CUP

From
Page 1

by the Director of Surgery (5th), National Intrepid Center of Excellence (6th), Director for Nursing (7th) and Director for Behavioral Health (8th).

During the competition, participants vied for team points in three-on-three basketball, flag football, soccer, the relay race, wheelbarrow race, sack race, three-legged race, dead hang, sit-up challenge, push-up challenge and tug of war. Those competing included service members, Department of Defense civilians and contractors.

“This is about camaraderie, esprit de corps and bragging rights,” Heimall said kicking off the games. He encouraged participants to have fun and compete hard, as well as remember that “at the end of the day, we’re all still one team.”

“It’s fun to get out of the work environment, have some fun and kick around,” said Army Sgt. Alessandra Gabrieli of team DFA/Headquarters and Headquarters Company, Troop Command, during a break in action on the soccer field.

“We want to support all of our Sailors and Soldiers getting fit, as well as the camaraderie,” added Hospital Corpsman 2nd Class Mark Desmond of team DMS, who went from competing in flag football, changing shoes and taking to the soccer field.

“This is a good event to boost morale,” agreed HM3 Maryanne McCloskey, of DSS. She also commended the American Red Cross VolunTeens for being on hand to provide competitors fluids to stay hydrated during the day when temperatures hovered in the 90s.

The day’s events also included a dunk tank, which gave people the opportunity to “cool off” WRNMMC Command Master Chief Tyrone Willis and Heimall.



PHOTO BY BERNARD S. LITTLE

Competitors give it their all in a tug of war competition.

THOMAS

From
Page 1

and residency in Otolaryngology/Head and Neck Surgery at Madigan Army Medical Center, Fort Lewis, Wash.

Thomas previously served as the Commanding General of Western Regional Medical Command; Chief, U.S. Army Medical Corps and Senior Market Executive for TRICARE Puget Sound Multi-Service Market.

Among his many military assignments, Thomas served as the Surgeon General

for the U.S. Forces – Afghanistan, and Senior Medical Advisor for the International Security Assistance Forces Joint Command – Afghanistan; assistant Army Surgeon General for Force Projection; and commander of Blanchfield Army Community Hospital at Fort Campbell, Ky. He was deployed for Operation Just Cause, Operation Enduring Freedom and Operation Iraqi Freedom.

Thomas previously served as the director of the Department of Surgery Research Program at Madigan Army Medical Center, and held a faculty appointment

as clinical associate professor at the University of Washington in Seattle. He also served as adjunct faculty and staff surgeon at the Swedish Medical Center in Seattle and American Lake Veteran’s Administration Hospital in Tacoma. He is a Diplomate of the American Board of Otolaryngology/Head and Neck Surgery, and is board certified in Otolaryngology/Head and Neck Surgery. He is also a Fellow in the American College of Surgeons.

His professional affiliations include the American College of Surgeons, the American Academy of Otolaryngology/

Head and Neck Surgery, the American Association for Physician Leadership, American Academy of Pain Medicine, American Dental Association, Washington State Medical Society, West Virginia State Medical/Dental Society, and various other national and international medical societies.

Among numerous prestigious accolades, Thomas received the American Academy of Pain Medicine Phillipp Lippe Award (2015) and Presidential Citation (2011).



AAA CAR CARE CENTERS

Frederick | 240-397-7414
5620 Buckeystown Pike

Gaithersburg | 301-795-3050
16045 Shady Grove Road

Go to AAA.com/CarCare to schedule your next service today!

For Auto Repairs and Maintenance, Travel Planning, Membership, Insurance, and more!

Open to Members and nonmembers:

- AAA Owned and Operated
- Courteous, Honest Service
- Open 7 Days a Week
- FREE Shuttle Service and FREE WiFi
- 2 year/24,000 Mile Warranty on Repairs*
- Member Labor Discounts
- And more...

\$19.95 DELUXE OIL CHANGE

or \$10.00 off Regular Price of Synthetic/High Mileage Oil Change

Auto repair services available only at AAA Mid-Atlantic owned and operated Car Care Centers. This coupon valid only at time of service; not valid if reproduced, may be redeemed only once, has no cash value and may not be redeemed for cash. Discount off regular prices. May not be combined with any other offer. Special blend motor oils available at additional cost. Plus \$2 disposal fee (where permitted). Offer valid for up to 5 quarts and on most vehicles. See service advisor for details. **Service Advisor** Instructions: please enter 801995312150 barcode. Offer expires: 12/31/16





WOUNDED WARRIORS FAMILY SUPPORT

WOUNDEDWARRIORFAMILYUPPORT.ORG

Wounded Warriors Family Support is an independent nonprofit organization whose mission is to improve the quality of life for the families of our combat wounded. Having earned Charity Navigator's highest four-star rating, WWFS aids veterans and their families in healing the wounds that medicine cannot.

Visit wwfs.org for more information about our veteran programs.



CFC# 81534

Navy Announces Greater Flexibility for FY-17 GMT

By NAVAL EDUCATION AND TRAINING COMMAND PUBLIC AFFAIRS

PENSACOLA, Fla. (NNS) — The Navy announced via Naval Administrative Message (NAVADMIN) 166/16, additional flexibility for the fiscal year 2017 General Military Training (GMT) requirements released July 26.

The two categories of GMT, Standardized Core Training (SCT) and Command-Assigned Readiness Enhancement (CARE) training will continue to place additional control at the discretion of commands in determining the frequency at which some of the training is delivered.

The following SCT topics are required by all uniformed personnel during the upcoming fiscal year either through instructor led, face-to-face delivery at the command level or, in some cases, completed individually via Navy eLearning:

1. Sexual Assault Prevention and Response (SAPR) Awareness
 2. Equal Opportunity/Sexual Harassment/Grievance Procedures (EO/SH)
 3. Suicide Prevention
 4. Combating Trafficking in Persons General Awareness
 5. Antiterrorism Level I Awareness
 6. Cyber Security Awareness
 7. Counterintelligence Awareness and Reporting
 8. Operations Security (OPSEC)
 9. Privacy and Personally Identifiable Information (PII)
 10. Records Management
- All of the following CARE topics for the upcoming



PHOTO BY ED BARKER

Lt. j.g. Andrew DeGarmo compares the look of the Domestic Violence General Military Training App on smartphones and tablets.

fiscal year are to be delivered to the appropriate audience at an appropriate periodicity as determined by local command leadership, allowing individual commands the flexibility to determine what training is required and how often it is accomplished. There is NO minimum periodicity associated with these topics:

1. Alcohol, Drugs, and Tobacco Awareness
2. Stress Management
3. Domestic Violence Prevention and Reporting
4. Sexual Health and Responsibility
5. Physical Readiness
6. Hazing Policy and Prevention

7. Personal Financial Management
8. Operational Risk Management
9. Energy Policy

Additionally, there are currently four GMT courses available via mobile applications — OPSEC, Records Management, PII and Domestic Violence Prevention. The apps are “bring-your-own-device” tools designed to work on personal devices outside of the Navy and Marine Corps Intranet (NMCI) domain. Users can download the apps from both Google Play and iTunes app stores at no cost.

All individually-completed web-based and mobile app delivered training is recorded and tracked in the individual's electronic training jacket. Command-delivered training completion is documented in FLTTPS (Fleet Training Management Planning System).

For additional information related to the GMT program and to access the GMT Web page, go to Navy Knowledge Online (NKO) at <http://www.nko.navy.mil/>. Once logged into NKO, select the “GMT” option under the “Personal Development” menu item to access the Navy's GMT Web page.

This Week in History July 28 — August 2

July 28, 1943

Italian dictator Benito Mussolini resigns

July 29, 1938

Comic strip “Dennis the Menace,” first appears

July 30, 1909

Wright Brothers deliver first military plane to the Army

July 31, 1932

The George Washington quarter goes into circulation

Aug. 1, 1981

MTV premieres at 12:01 AM

Aug. 2, 1909

First Lincoln head pennies minted

DELIVERING LUXURY TO OUR
TROOPS AND VETERANS

Audi Bethesda

7106 Woodmont Avenue, Chevy Chase, MD 20815
www.audibethesda.com



SPECIAL MILITARY PRICING
We will make your first three payments*
Call 240-762-5700 for more information

*First three payments or up to \$350 per month, whichever is less. See dealer for complete details.
Only valid at Audi Bethesda. Offer expires July 31, 2016.

New Pediatric Practice in Bethesda Wildwood Medical Center



Growth and
Wellness Pediatrics
Gail Warner MD

Comprehensive care with a personal touch.
Accepting most insurance plans.

10401 Old Georgetown Road
Bethesda, MD 20814

Dr. Gail Warner
240-630-8882
growthandwellnesspediatrics.com

RESUMÉS

From
Page 6

industry's terminology so their resumé made it past round one.

"You're competing against hundreds of applicants," she said.

Plus, she said the resumé needs to show how a person is qualified for a position.

"Don't just apply to apply," she said.

Gary Simpson, Navy Wounded Warrior Safe Harbor transition care coordinator, advised them to look broadly at their job search because some jobs that might not jump out at first could be what they want to do for their career. He shared a few job descriptions, such as a driver or a cleaning supervisor, noting that they both came with a good salary, but they might not immediately have jumped out as jobs one would apply for after transitioning out of the military.

George Odom, a FEMA representative, shared his transition story to the group.

"In 2011, I was sitting in the same seats that you guys were sitting at," he said.

Odom said he went to Simpson's office every day for almost two years to get advice on his job search.

"I had no idea how to put a resumé together at all," he said. "I couldn't say what I did from the military on paper."

Three things service members need to make the transition to civilian working life is "being able to say who you are and what you can do for that organization. Second thing, that resumé is very important ... the first thing a hiring manager is going to see is that resumé. That resumé is speaking for you. Third thing is knowing that you are ready."

He said he failed his first interview because he wasn't ready for the transition to civilian life.

"After that first bombshell of an interview, I took six months off," he said. "Though I still worked with Gary for the first six months; I took six months to realize who George was and not who the military guy was."

Siceloff also shared tips on how to ace an interview. To prepare for the interview, she said to know the section of the organization the interview is with, read the mission statement and know the industry's terminology.

"When you get to that interview, be able to talk in the language of the industry you're applying for," Siceloff said.

She said to dress professionally, use eye contact and don't slouch during the interview. Also, be prepared to ask questions such as what a typical day in the office is like.

After giving out these tips, the FEMA representatives looked over the service member's resumé and interviewed them for jobs.

For more information on upcoming Safe Harbor workshops contact Simpson at 301-400-0576.

Read
The Journal
On Your
Tablet or
Smart Phone!
Visit
www.dcmilitary.com

**VINSON HALL
RETIREMENT COMMUNITY**

**Independent Living,
Assisted Living,
Healthcare, and
Memory Support**

Vinson Hall Retirement Community is located in idyllic McLean, Virginia. As a resident-focused Life Plan Community, we value independence and individuality. We offer luxurious independent living residences for military officers, their immediate family, and government employees of equal rank.

www.VinsonHall.org
**6251 Old Dominion Drive
McLean, Virginia 22101**

**Call Today
703-536-4344**

EARN A HEALTH CARE MANAGEMENT DEGREE FROM SIU CARBONDALE

SIU Carbondale is located on base at NSA Bethesda and offers a Bachelor of Science degree in health care management (HCM). The HCM program has generated more than 4,600 graduates who have been making the world a better place for more than 30 years.

Our program is offered in a seated/online format, taught by experienced faculty and certified by the Association of University Programs in Health Administration (AUPHA). The program is designed to prepare you for a career in health care or further graduate study in health administration (MHA) or health informatics (MHI).

Tuition is set at the Tuition Assistance (TA) program cap for active-duty military service members. All off-campus and online students receive the in-state tuition rate, no matter where they live. All HCM major coursework can be completed in FOUR semesters.

Call 301/530-1494 or stop by your local office at 4650 Taylor Rd., Building 17B – suite 2D for more information on the HCM program, or our online master's degrees in health administration and health informatics.

SIU SOUTHERN ILLINOIS UNIVERSITY
CARBONDALE **SCHOOL OF
ALLIED HEALTH**

VISIT

From
Page 6

Barber said families and friends should also pay attention to their service members when they return home from deployments. "If something doesn't seem right, you need say something and not let it go along."

The new Miss USA is also giving a voice to concerns of women, such as job openings for women in the military.

"I don't really know what to say to a critic who believes women aren't as tough as men," she said. "We are very much capable. It's important to give us a chance. You have to allow us to meet the standard before you can push us away."

Despite her Miss USA duties, Barber said she looks forward to reporting back to her military unit monthly for her reserve duties.

"I would like to do 20 years [in the military]," Barber said. "That has always been my dream – to retire out of the Army. I'm still going to go to drill. The Miss USA organization is understanding of my commitment to the military. My unit members are excited to say, 'Miss USA is in our unit,' so I still plan on doing my two days a month and two weeks out of the year."

Officials for Miss USA added Barber has a positive message for all young women, which is, "They should continue to look into the mirror and appreciate the reflection that they see, as well as chase their dreams and jump into positions where you wouldn't normally see a face similar to yours."



PHOTO BY KALILA FLEMING

Miss USA Deshauna Barber visits with staff at Walter Reed National Military Medical Center during one of her first official visits after earning the title on June 5. She made history by becoming the first woman crowned Miss USA to serve in the U.S. military.

Maryland Fleet Week and Air Show Baltimore October 10-17, 2016



Maryland Fleet Week and Air Show Baltimore celebrates the rich naval traditions of the Chesapeake Bay and the contributions of Marylanders to the defense of the nation. The Blue Angels' Boeing F/A 18 Hornet jets and other aircraft will be on display on the Martin State Airport tarmac and in the skies over Fort McHenry and Middle Branch while schooners and U.S. and allied navy vessels will be ready for boarding visitors in the Inner Harbor, Fells Point and Locust Point.

Visit **MDFleetWeek.com**
for more information!

Look for our event guide in Fells Point, Locust Point, and the Inner Harbor the week of the event!

To advertise in this special guide, please contact
Art Crofoot
301-848-0175





Classifieds

Call 301-645-0900

Apartments Unfurnished

Equal Housing

All Real Estate advertised herein is subject to the Federal Fair Housing Act which makes it illegal to indicate any preference, limitation, or discrimination based on sex, handicap, familial status, or national origin or an intention to make any such preference, limitation, or discrimination. We will not knowingly accept any advertising for Real Estate which is in violation of the law. All persons, are hereby informed that all dwellings advertised are available on an equal opportunity basis. If you believe you have been discriminated against in connection with the sale, rental, or financing of housing, call the United States Department of Housing and Urban Development at 1-800-669-9777.



Apartments Furnished

Small furnished efficiency apartment. Rt. 5 Calloway, MD. Utilities included, no pets, no smoking. 3 miles to Patuxent River NAS. \$575/mo+ deposit. 301-904-2019

Townhouse for Rent

Lexington Park 3BR Rogers Dr. \$900/mo. Section 8 okay. Available August 1st. 240-398-1185

Help Wanted Full Time

25 DRIVER TRAINEES NEEDED! Become a driver for Stevens Transport! NO EXPERIENCE NEEDED! New drivers earn \$800+ per week! PAID CDL TRAINING! Stevens covers all costs! **1-888-734-6714** drive4stevens.com

PESYSTEMS, INC.

Immediate need to place qualified candidates into cleared DoD acquisition professional positions! View position descriptions and apply online at www.PESystems.com/careers/

MEDICAL BILLING SPECIALISTS NEEDED! Begin training at home for a career working with Medical Billing & Insurance! On-line training with the right College can get you ready! HS Diploma/ GED & Computer/Internet needed. **1-888-734-6711**

"NOW HIRING" Electrical Mechanics and Journeymen Electricians with a minimum of 10 years' experience. **Brown Electric.** Send all resumes to kmcduffie@brownelectricmd.com. 301-899-3220

Misc. Services

A PLACE FOR MOM. The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-800-217-3942

AIRLINE CAREERS. Get FAA approved maintenance training at campuses coast to coast. Job placement assistance. Financial Aid for qualifying students. Military friendly. Call AIM 888-686-1704

CRUISE VACATIONS - 3, 4, 5 or 7 day cruises to the Caribbean. Start planning now to save \$\$ on your fall or winter getaway vacation. Royal Caribbean, Norwegian, Carnival, Princess and many more. Great deals for all budgets and departure ports. For more info. call 877-270-7260 or go to NCPtravel.com

DISH TV 190 channels plus Highspeed Internet Only \$49.94/mo! Ask about a 3 year price guarantee & get Netflix included for 1 year! Call Today 1-800-686-9986

SUPPORT our service members, veterans and their families in their time of need. For more information visit the Fisher House website at www.fisherhouse.org

Travel/Transportation

ALL INCLUSIVE RESORT packages at Sandals, Dreams, Secrets, Riu, Barcelo, Occidental and many more resorts. Punta Cana, Mexico, Jamaica and many of the Caribbean islands. Book now for 2017 and SAVE! For more info. call 877-270-7260 or go to NCPtravel.com

Animals/Pets

HELP SAVE LIVES! Seeking short-term foster homes for puppies and kitties lastchanceanimalrescue.com foster@lastchanceanimalrescue.org **240-412-5751**

Wanted to Buy

TOP CASH PAID FOR OLD GUITARS! 1920 - 1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins/Banjoes. **1-800-401-0440**

WE BUY CAMPERS: Travel Trailers, 5th Wheels, Motor Homes, Pop-Up Campers. WILL PAY CASH! 301-535-2416

To place an ad
Call 301-645-0900

Autos



2005 Mustang GT Convertible Deluxe Roush Stage 1, original Owner Very Good Condition 63000 miles, 4.6 L V8 Engine, 5 Speed Automatic Transmission, 18 inch Chrome Wheel, White with medium parchment Roof and Interior for more info call or text 240-419-9132 \$14,000. OBO

Wanted to Buy Autos

CARS/TRUCKS WANTED!!! All Make/Models 2000-2015! Any Condition. Running or Not. Competitive Offer! Free Towing! We're Nationwide! Call Now: 1-888-416-2330.

CASH FOR CARS: We Buy Any Condition Vehicle, 2000 and Newer. Nation's Top Car Buyer! Free Towing From Anywhere! Call Now: 1-800-864-5960.

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398

To place an ad
Call 301-645-0900

WANTED OLD JAPANESE MOTORCYCLES KAWASAKI Z1-900 (1972-75), KZ900, KZ1000 (1976-1982), Z1R, KZ 1000MK2 (1979-80), W1-650, H1-500 (1969-72), H2-750 (1972-1975), S1-250, S2-350, S3-400, KH250, KH400, SUZUKI-GS400, GT380, HONDA CB750K (1969-1976), CBX1000 (1979-80) CASH!! 1-800-772-1142 1-310-721-0726 usa@classicrunners.com

Real Estate



THE MASON TEAM

kw
KELLER WILLIAMS
PREFERRED PROPERTIES
240-737-8130

Anthony Mason (Air Force Veteran) and Lashika Mason - Real Estate Professionals
Servicing MD, DC & VA

Thinking about **BUYING, SELLING or INVESTING** in real estate in MD, DC or VA? Contact us today to schedule a listing appointment or buyers consultation. The Mason Team will get your home sold fast with our creative, personalized, robust marketing plan. We specialize in working with first-time homebuyers, VA loans, and negotiating win-win deals. We appreciate the opportunity to earn your business.

9701 Apollo Drive, Suite 102 Upper Marlboro, MD 20774

www.DistrictLuxuryHomes.com

anthonymasonopensdoors@gmail.com

Office: 240-737-8130 • Direct: 240-247-7677

Insurance



Marcus Soriano • 757.897.5288
8280 Willow Oaks Corporate Dr. #600 • Fairfax, VA
msoriano22wob@wfgmail.com • marcussoriano.wfgopportunity.com



Serving the DC metro & surrounding areas.

Life • Investment • Annuities 401k Rollovers

Come learn about how money works and the potential impact on your future for not knowing about the following:

- Tax implications on wealth creation.
- Various strategies of preserving ones wealth & estate.
- Asset Accumulation & the importance of planning.

<http://www.researchwfg.com/> • Licensed in the DC metro area

Advertise Here!

dcmilitary.com


Advertise Here!

We Offer:

- Full Color Ads
- Frequency Discounts for 3 mo. agreement & longer
- Discounts on 1/4 pg ads
- Enhanced digital listings

Contact Samantha at **301-645-0901** or spoland@chespub.com

To place an ad
Call 301-645-0900
or visit us online at classads@somdnews.com



Smart Financial Decision Making Starts Here

MakingCents gives you the clear, step-by-step information you need to make smart financial decisions. You can take charge of your financial goals through self-paced, customized learning, no matter where you are in life.

Select one or more goals and learn as you go—start and stop anytime, and we'll save your spot.

- > Buy a home
- > Improve personal finances
- > Pay for college
- > Get your first credit card
- > Manage credit
- > Purchase a car

You know where you want to go.
We can help you get there.

To get started,
visit navyfederal.org/makingcents today.

MakingCents

NAVY FEDERAL Credit Union

ARMY
MARINE CORPS
NAVY
AIR FORCE
COAST GUARD
FAMILY

Federally insured by NCUA. © 2016 Navy Federal NFCU 13567 (6-16)

Facebook Twitter Equal Housing Lender

WE'VE GOT YOU COVERED IN MORE WAYS THAN ONE.

USAA provides more benefits to military members than any other major financial services provider.

MILITARY MEMBER BENEFIT #23:

An on-base rental housing search helps take the stress out of finding a place to live.



➤ VISIT USAA.COM/SERVING FOR A FULL LIST OF THE BENEFITS.

The U.S. Navy, the Department of Defense, and the Federal Government of the United States do not officially endorse any company, sponsor, advertiser, or their products or services. USAA means United Services Automobile Association and its affiliates. Use of the term "member" or "membership" does not convey any eligibility rights for auto and property insurance products, or legal or ownership rights in USAA. Membership eligibility and product restrictions apply and are subject to change. © 2016 USAA. 232958-0716

